



## { PROJECT ABSTRACT }

Chronic disease self-management programs (CDSMPs) are known to improve health outcomes and quality of life by teaching skills and supporting health-enhancing behaviors.

For the past 17 years, the Missouri Arthritis and Osteoporosis Program (MAOP) has invested in statewide efforts to improve access to evidence-based CDSMPs. Last year approximately 1,350 people received self-management training and support through seven Regional Arthritis Centers. Many other Missouri organizations, such as hospitals and community health organizations, provide CDSMPs to improve health outcomes and quality of life for people with arthritis, asthma, diabetes, heart disease, and other chronic conditions.

As part of its effort to support CDSMP providers in their efforts to maintain services, the Missouri Arthritis and Osteoporosis Program is coordinating *Roots Project* to develop a sustainability plan for chronic disease self-management services in Missouri. Working through focus groups and regional meetings with local and statewide stakeholders, the sustainability plan will address matters related to financial performance, operational efficiency, marketing and quality. The *Roots Project* is designed to identify key strategies that can be employed by current or future providers to enhance long-term viability of CDSMP in Missouri.

The *Roots Project* team welcomes ideas and input from any individual or organization with a vested interest in the health and well-being of Missourians, especially those living with a chronic condition.

*For more information, please contact:*

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